



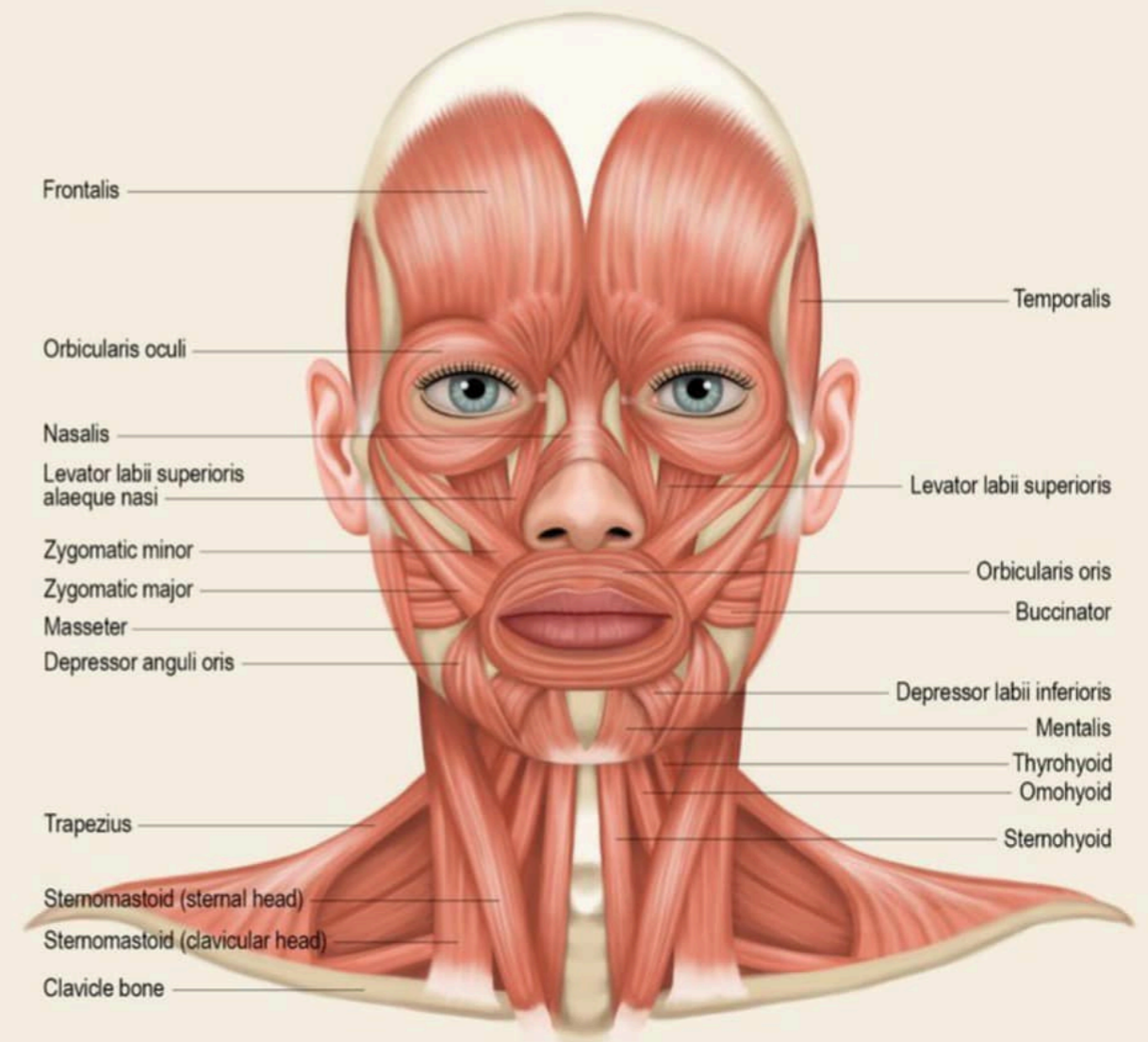
Beautify Face Yoga

YTT - Module 4 - Face Mapping & The Eyes

We continue to examine the face in a holistic way with face mapping.

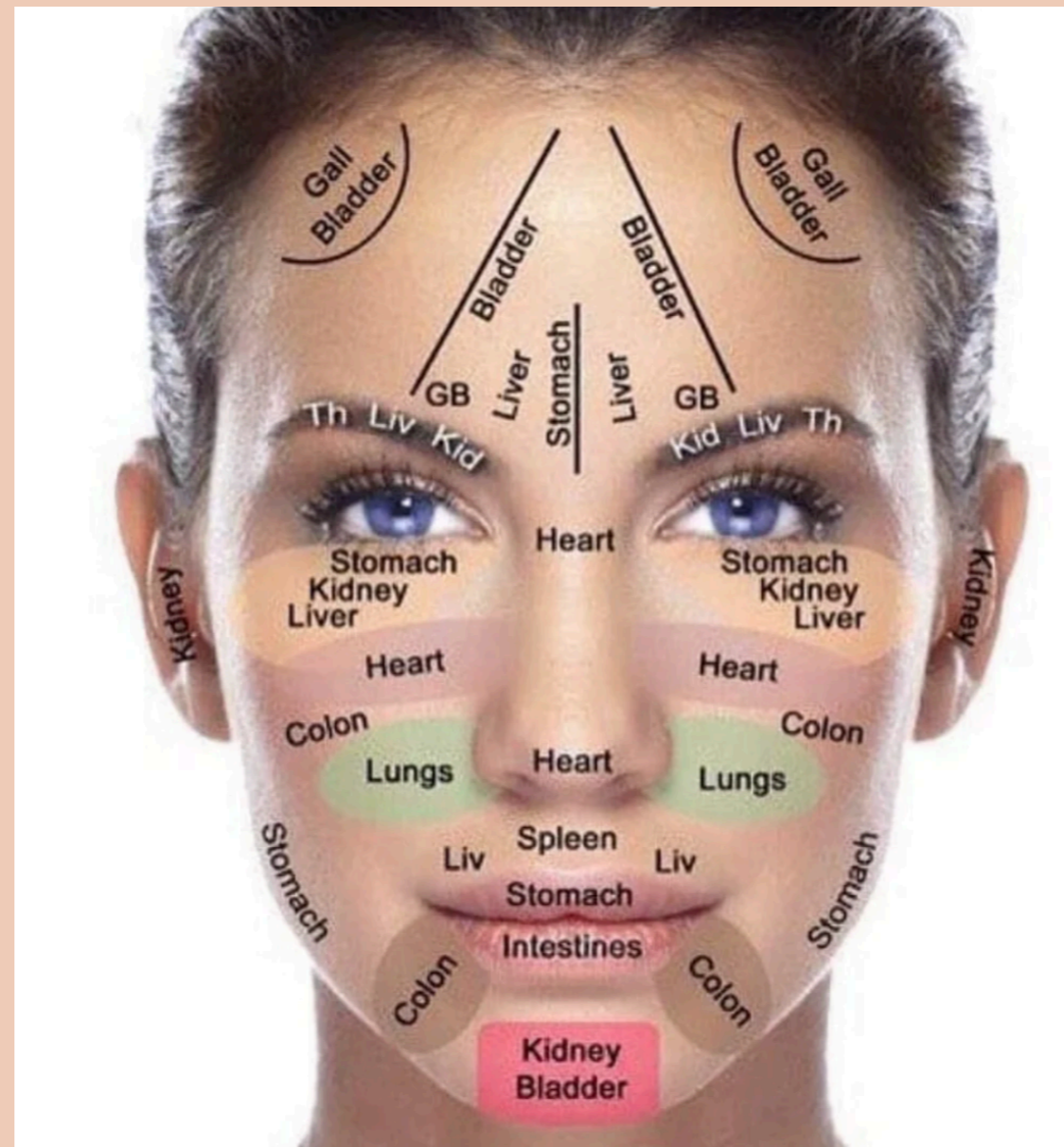


Consider the overlap of the anatomy and physiology lessons that we have studied so far.



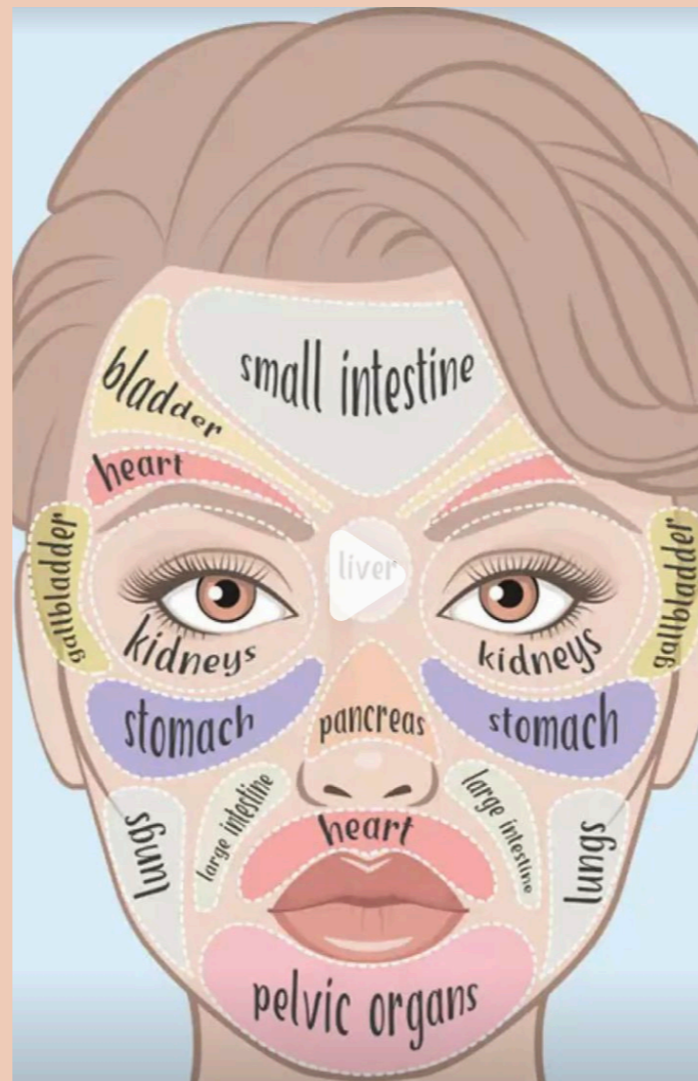
The discipline from which we draw conclusions within face mapping lie in the disciplines and science of both:

Traditional Chinese Medicine and Ayurveda.



Traditional Chinese Medicine (TCM) recognizes meridian lines which present in the features of the face.

With your background and new skills, understanding and memorizing the areas of the face is good form for your teaching.



With depth in understanding the language of the skin on the face, you can help others consider the connections to the presentation and their vitality.

Let's have look at each area of the face to help you begin your study. You can come back to these slides to study each area. It won't take long to memorize and have a better understanding within your own teaching practice. I recommend studying one area a week and building upon with real time awareness of your students, family, and friends.



The Forehead: Bladder + Small Intestines



If forehead has large creases or inflammation:

Reason: Excessive amounts of fat, stress, too much sugar, sleep deficiency, and alcohol.

Treatment: Water, avoid alcohol, raw and healthy food consumption, and good sleep.

Between Eyes: Liver



If between the eyes has large creases or inflammation:

Reason: Too much meat consumption, allergic to an ingredient, stomach works without a rest

Treatment: Organic, raw and healthy foods, fresh air, yoga, meditation, or fast walking.

Nose:

Heart



If nose unusually bulbous, asymmetrical, or inflamed:

Reason: Gasses, Closed rooms, Poor circulation, Stomach bloating, Polluted air, or High blood pressure

Treatment: Examine and balance your blood pressure and cholesterol levels, detox your body with water or organic teas, and exercise regularly

Upper Cheeks: Lungs



If upper cheeks are inflamed or deeply wrinkled:

Reason: Asthma, Pollution, Smoking

Treatment: Quit smoking, avoid polluted air, start exercising regularly

Cheeks:

Kidneys & Lungs



If cheeks are inflamed or deeply wrinkled:

Reason: Poor diet, too much sugar, smoking, and stress

Treatment: Avoid fast and junk food, use better quality cosmetic products

Mouth & Chin: Stomach



If mouth is inflamed or deeply wrinkled:

Reason: High sugar foods, unhealthy fat foods, too much caffeine, alcohol, smoking, staying up late, and stress

Treatment: Balanced and healthy diet, Increasing fruits intake

Jaw & Neck: Hormone Balance/Imbalance



If jaw and neck are inflamed, crepey, or sagging:

Reason: Salty food, Dehydration, Large amount of caffeine, Too many spices
Treatment: Drink lots of water, Avoid caffeinated drinks, Avoid spices and salty food



Ayurveda offers another perspective with the doshas:

Vata (air/wind)

Pitta (fire/water)

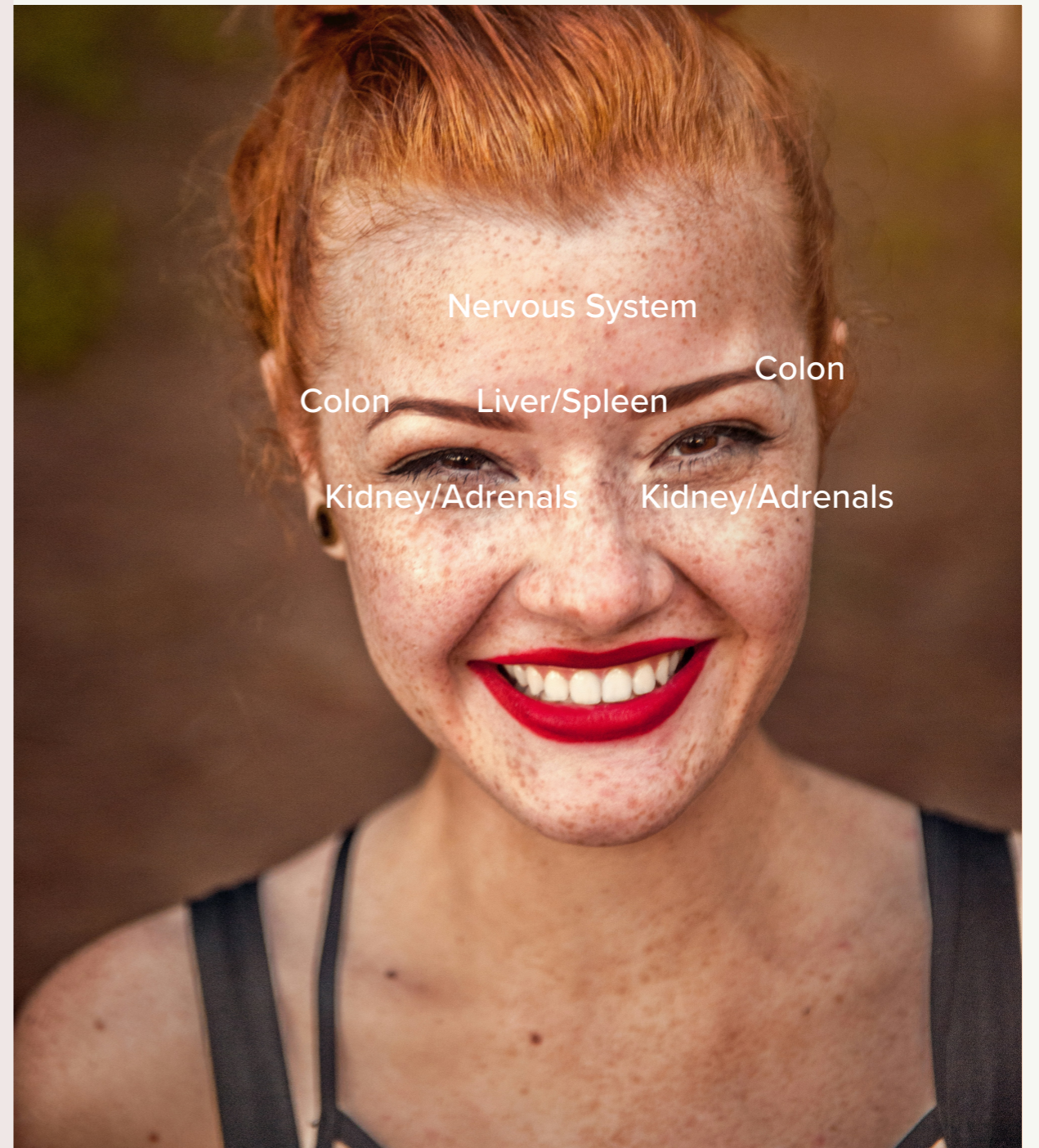
Kapha (water/earth)



**Let's examine the face in
relation to the doshas!**

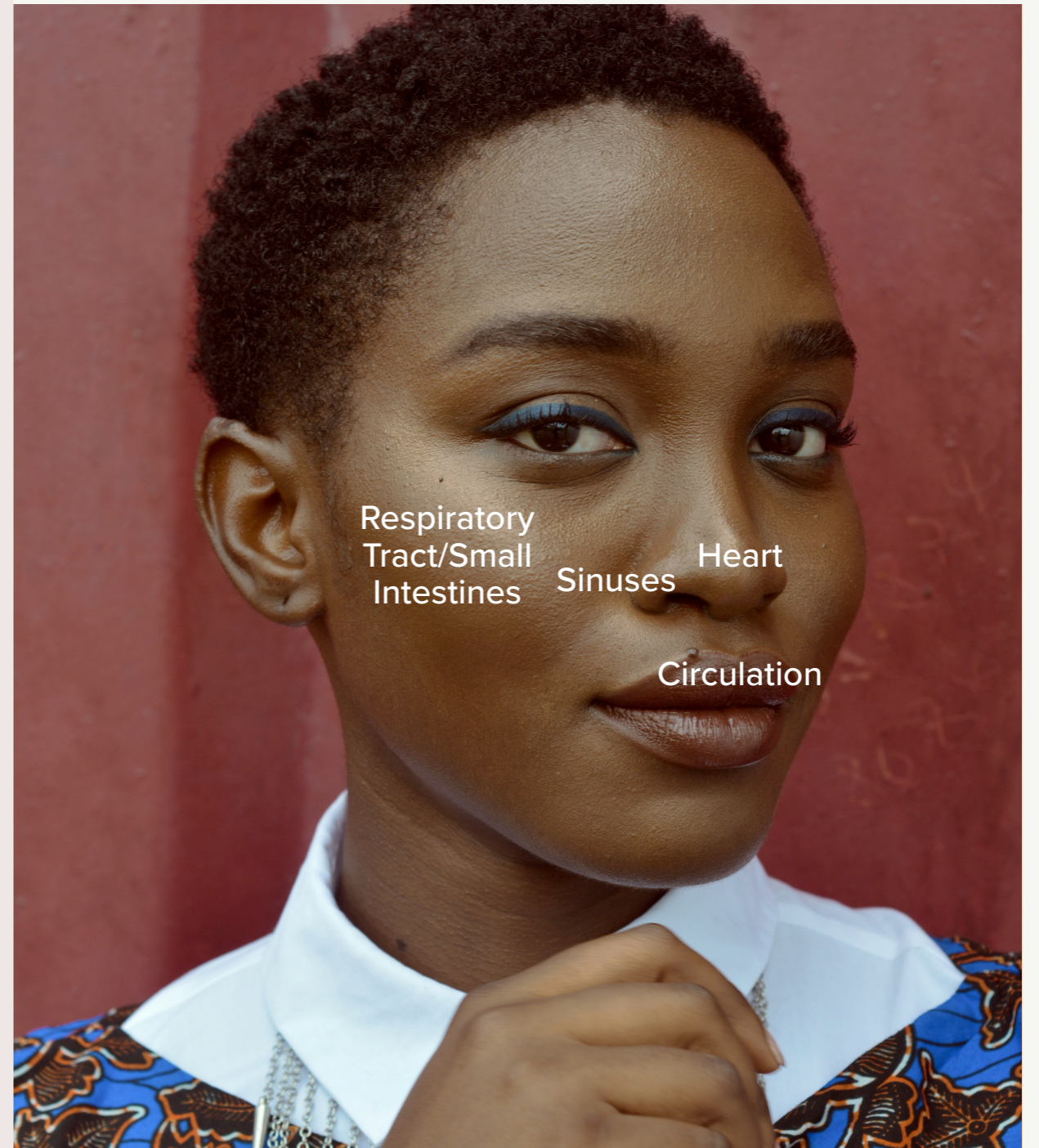
Vata dosha can be observed in motion nature and in the negative symptoms of *anxiety/fear* in these areas:

- Forehead: The Nervous System
- Temples: Colon
- Between Eyebrows: Liver & Spleen
- Under Eyes: Kidneys/Adrenals



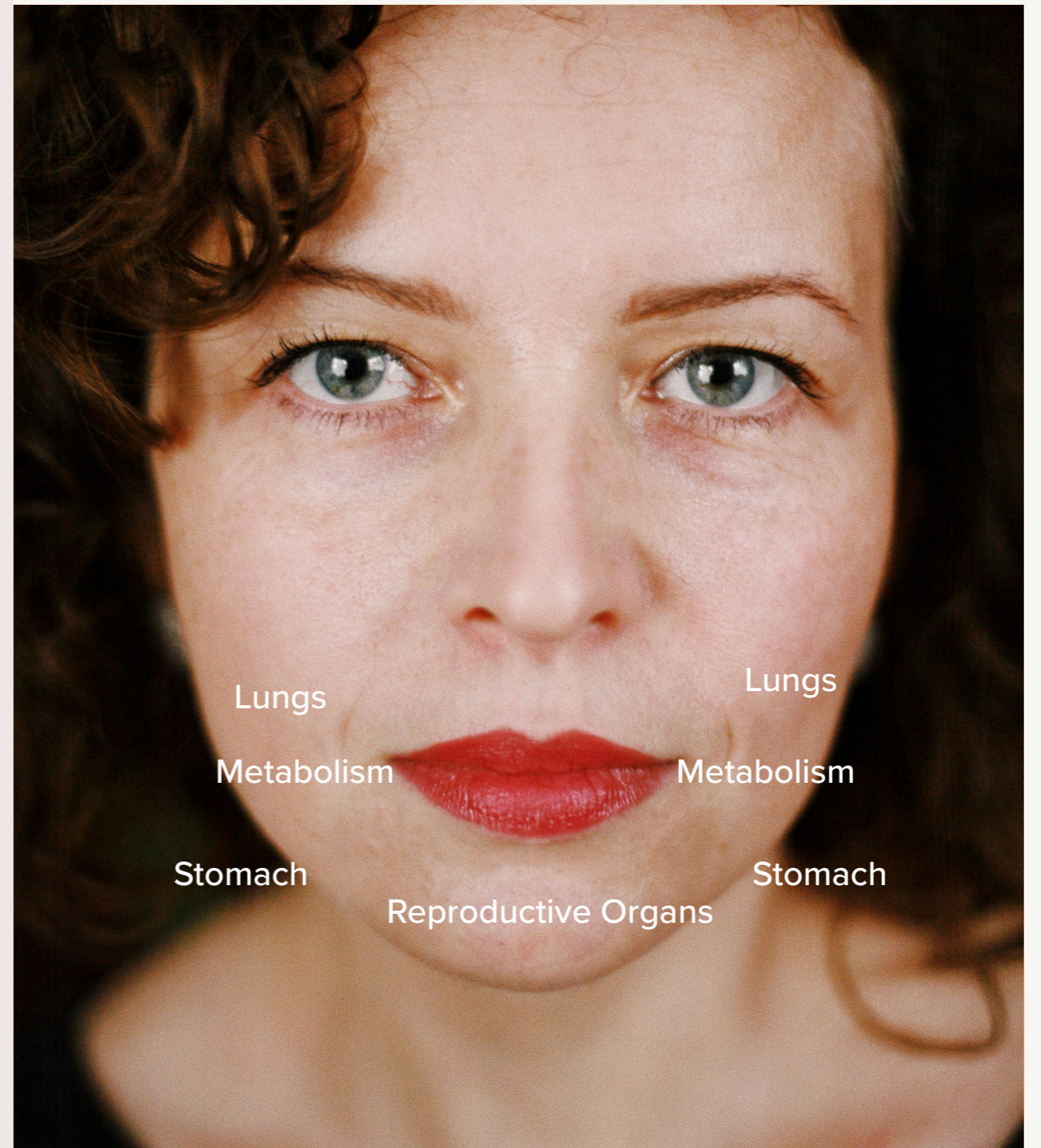
Pitta dosha can be observed in heat nature and in the negative symptoms of *stress/anger* in these areas:

- Nose: Heart
- Outer corners of nose: Sinuses
- Cheeks: Respiratory Tract & Small Intestine
- Center of upper lip: Circulation



Kapha dosha can be observed in watery nature and in the negative symptoms of *grief/depression* in these areas:

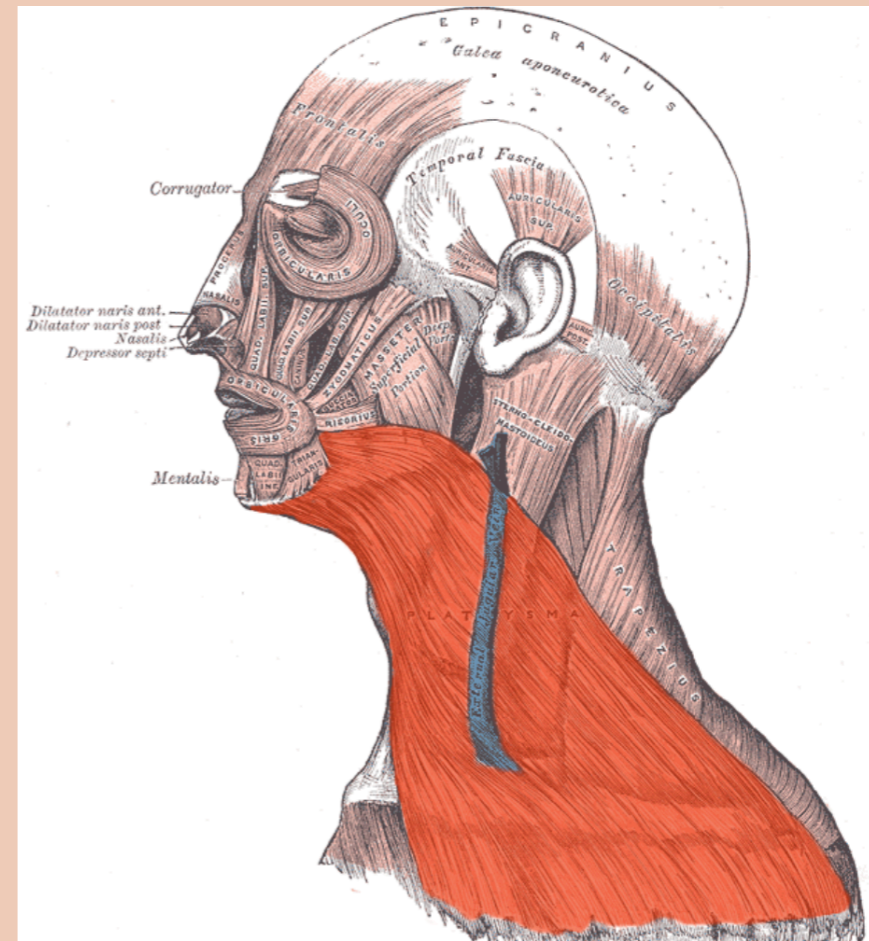
- Chin: Reproductive Organs
- Corners of Mouth: Metabolism
- Lower Cheeks: Lungs
- Jawline: Stomach



Within each discipline, what do you notice is differentiated?

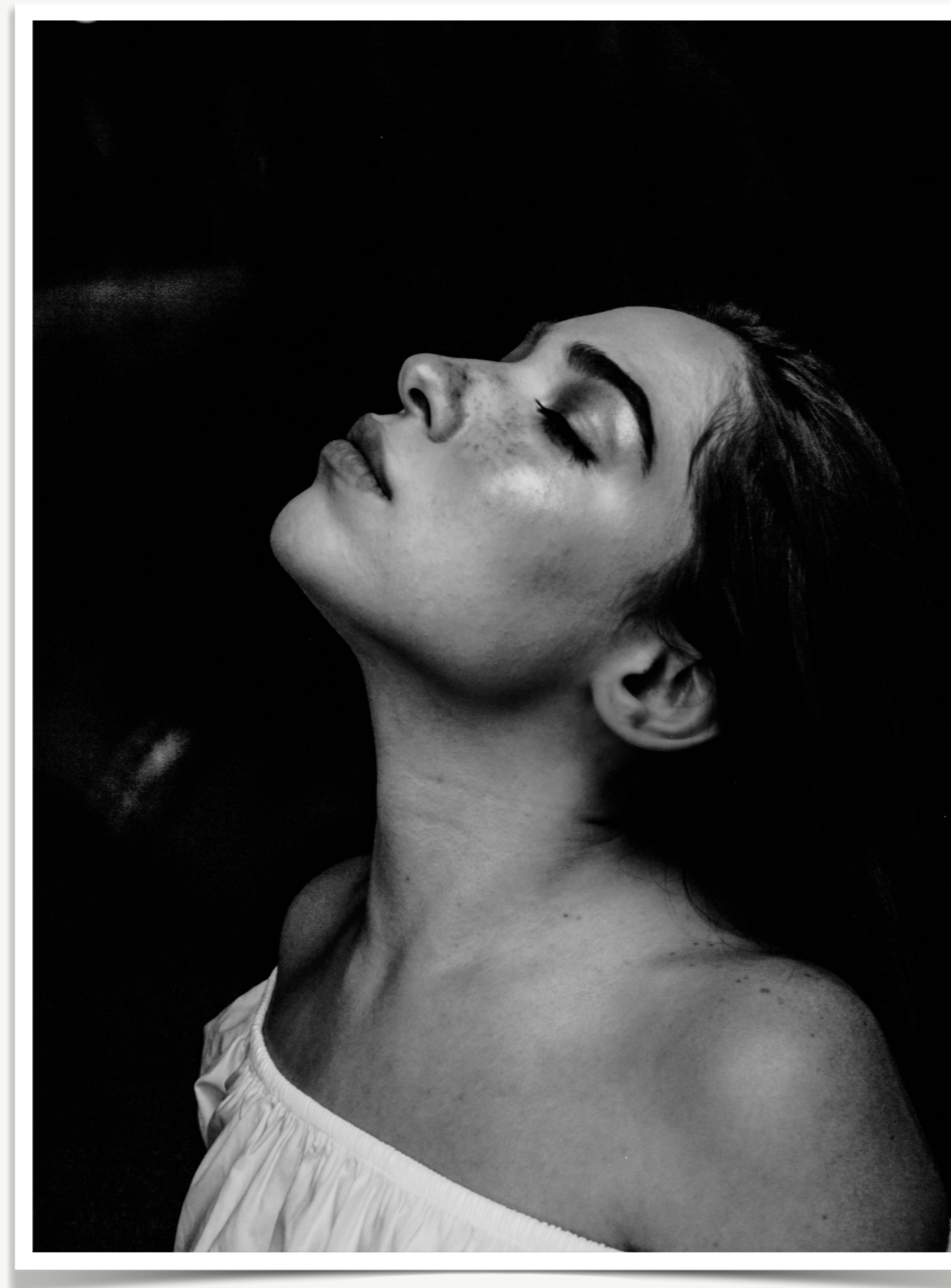
I notice the specificity of each discipline and the energetic variance for each. Both offer an accord with lifestyle practices and can be fine-tuned for each student depending upon the orientation to Ayurveda and TCM.

Overall, becoming aware of the anatomy, physiology, and the nature of our faces can help to attune our students to their health and vitality.



Understanding the platysma and the TCM perspective of the neck being connected to the hormones, as well as the Ayurveda perspective that the jaw is connected to the stomach, what observations can you draw upon?

One thing that I can be aware about my own neck is the hormonal connection with the structure of my neck and the connection with the jaw and how the stomach produces more than 50 gut hormone genes and is endocrine organ in the body.



Attributions to Photos:

<https://unsplash.com/@imondryk>

<https://unsplash.com/@princearkman>

<https://unsplash.com/@zulmaury>

<https://unsplash.com/@ihadissafari>

Attributions to Content:

<https://www.ncbi.nlm.nih.gov/books/NBK54093/>

<https://mamabee.com/chinese-face-map-how-organs-link-to-your-face/>

<https://www.maulirituals.com/en-us/blogs/news/ayurvedic-face-mapping-for-acne-and-emotional-health>